



HEED YOUR CALL

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You have been invited to heed your call,
and now it is up to you to decide where you
go from here.

You are the result of the choices you make every single day, and what you choose, you become. To choose wisely, be a witness to your thoughts and actions, both positive and negative. Observe each and every one with neutral emotion. Avoid judging or being critical. Just examine your thoughts as they pass through your psyche. Consider the source, then act or don't act on them. How you choose to respond to this call is what will define and shape your future.

Move through life with awareness. When you proceed with action, be aware of your intentions and the origin of your actions. Are you living from a place of fear or scarcity? Are you engaging life from a place of needing to be seen, validated, or heard? Consider these things as you move through each day and do so by listening to your inner voice. It will tell you what you need and what is true for you. Your intuition will guide you and will not lead you astray. It is only when you rush from place to place, when you allow yourself to become distracted by your devices and ego, that you lose your way. It is likely you may be thinking something like, I can't live a life like this. I don't have time to slow down and be present. My life is too demanding.

I can't just go with the flow. Maybe you've considered that you can live a more purposeful and mindful life, but aren't ready right now, and that you intend to live more mindfully starting next month. Do not judge these thoughts; do not banish them. Instead, observe them from a place of neutrality and say to yourself, "I am the silent, ever present witness of my thoughts, feelings, and emotions, and I can choose how I will use them." As you practice neutrality and witnessing awareness, you will begin to form the habit of mindful living. You will learn what is best for you and how to live the life that best supports your unique journey. Your stories and tales from your past will not own you, and you'll be better able to do what fulfills you, what drives you and inspires you to live a joyful and abundant life.

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When you become more centered, you'll be able to create opportunities that will support a life of ease, a life with more joy, one that blesses you with the results you desire. Be relentless in the pursuit of choosing what serves you in the highest and best way. As the poet Rumi says, "Respond to every call that excites your spirit." As you do, you will write the story of your future. You will fulfill your journey and as a result will help heal the world.

Tokens of Lifestyle Wisdom

To help you in heeding your call, following are some lifestyle choices, tools, and practices for authentic and joyful living that I've found to be useful in my own journey.

1 | Your life is precious. To honor your existence, cultivate an attitude of gratitude. Appreciate your every breath and the unique gifts you've been blessed with. Savor every moment, the highs and the lows. The highs are meant for you to celebrate, and the lows help you learn and grow.

2 | Love more. Most of all, love your spirit and your body. Thank your body for showing up for you every single day. For your heart beating and your lungs breathing without any calls from you to do so. Your body is a magnificent machine and never complains unless you abuse it. So please don't abuse it. You truly do only get one, and it deserves to be respected and nurtured. Turn that love outward. Let your smile shine. Smile at the barista who makes your coffee each morning. Ask them how their day is going. Enroll them in conversation. Smile at the grocery store clerk, at your neighbor, your staff, and co-workers. Make a habit of inviting someone else to feel special each day. Smile with your eyes. Let light shine through you to touch the life of someone else.

3 | Listen intently. Don't just hear what another is saying, but observe their body language to tune into their unspoken words. This is how you build empathy. This is how you cultivate intuition. Listen with not only your ears, but also your heart. Feel into the why behind another sharing their life with you. Consider what can you share with them in return to encourage, support, or uplift.

4 | Embrace your inner child. Goof off. Skip. Laugh more. Boogie if you feel like it. Try being childlike at least once each day. Next time you eat gelato, ice cream, a cookie, or a new food you have never tried, really taste it. Be mindful and savor every last bite. Get outside and play. Go for a hike; read a book in the yard; splash in rain puddles. What's the worst that can happen? You get a little wet or dirty... It's good for you. It awakens you to the moment, and you will feel more alive.

5 | Don't hold back. When you have a heart-centered desire, don't cage it. Go for it, and pour all of your intention into the mission. Don't tell yourself you're not good enough, or it's not possible, or your idea is silly. Be unapologetically driven to achieve your desired life. See the world as one big opportunity and manifest it.

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6 | Be a warrior for peace. Instead of arguing, diffuse a fight. Instead of engaging in confrontation, proceed with compassion. Instead of promoting violence, practice restraint. Pause before retorting. Literally count to ten if you need to in order to gain clarity in a situation. Extend peace to the driver who cuts you off. Breathe while waiting in a lengthy line rather than huffing and puffing and tapping your feet.

7 | Be mighty; act humbly. Believe in your greatness, and at the same time, practice humility. Know that ruach, God's breath, is flowing through you. You are not the only one orchestrating your life. You are co-creating with all consciousness, with the universe, and with source. Let this humble and empower you.

8 | Practice unsolicited kindness. Hold the door for someone and then just keep holding it for others. Pay it forward by plugging a meter other than your own. Let someone else go in front of you at the bank or the grocery store. Over-tip. Send a note of love and appreciation to a new person each day, whether an extended family member, an employee, a friend, a co-worker, or someone who provides services to you.

9 | Connect with nature. Step outside in the morning and take a deep breath of fresh air. Look up at the sky at least twice a day, and consider the wonders of the world. Let the wind rush over you, and allow it to guide you. Listen to the pitter patter of raindrops on your roof. Watch autumn leaves fall silently to the earth. Play in the snow. Take a walk around a park, a hike through the forest, or stroll on the beach.

10 | Practice mindfulness. Prior to making a purchase, really consider the brand you are supporting. Consider what they represent and how your purchase will affect others around the globe. Pause before you eat. Pay attention to the food choices you make. Consider why you choose to eat the foods you do and how you can be more mindful and make better eating choices. Avoid distraction while eating. Chew thoroughly, and be grateful for every meal.

11 | Be present. Before picking up your phone to text, post, pin, or tweet, stop and consider why you're choosing to connect digitally. Is it to run away from your emotions? Is it to distract you from your state of being? Is it a means to gain attention and be noticed? Be mindful of how often you connect with your devices rather than connecting with yourself and others.

Access Your Natural Pharmacy

The following is a list of natural modalities that help in accessing the body's natural pharmacy and promoting well-being.

1 | Healing sounds. Listen to calming music, the sounds of nature, chanting, or children laughing. Turn on music that helps you relax. Turn off any that promotes stress and anxiety.

2 | Healing touch. Treat yourself to a massage. Buy a dry brush, and brush your skin from the soles of your feet to your chin. This activity stimulates blood flow, detoxifies, and feels incredible. Give yourself an oil massage each day after you shower. Spend five minutes rubbing sunflower, sweet almond, sesame, olive, or coconut oil into every inch of your skin. It's nourishing and most importantly, the action shows loving kindness to yourself, making you more likely to show love to others.

3 | Healing taste. Eat foods that are whole and seasonal. Avoid foods that are processed or contain artificial ingredients. Buy locally and organic whenever possible. Eat foods that are vibrant and colorful. Taste and savor every bite. Consider the energy of the sun that helped produce natural foods, and feel that energy being absorbed into your body. Chew slowly. Cook at home as much as possible and cook with friends and family. When you sit down to

your evening meal, light candles, open a nice bottle of wine, and turn on soothing music. Make each meal special. Let twelve hours pass from your evening meal to breakfast so your body can properly digest the day's food.

4 | Healing smell. Add aromatherapy and candles to your home. Select those that evoke a sense of calm, relaxation, purification, or energy. Burn incense. Buy naturally scented soaps, candles, and oils. In cooler months, light a fire and inhale the aroma of burning wood.

5 | Reflect upon your day. Before going to sleep, spend five minutes quietly letting your day (from when you woke up to the present) play across your mind like you are watching a movie. Try not to attach to any part of your day—just witness and review. Then, silently ask yourself three questions: (1) Who am I? (2) What do I want? (3) What is the purpose of my life? Simply release these questions into the universe. Do not try to answer them. Then, silently say to yourself, “I wish to remember my dreams.” Keep a pen and journal near your bed so that you can write down your dreams as soon as you open your eyes the following morning. Pay attention to whether answers to those three questions come to you in your dreams. Study characters and animals that visit you in your dreams.

6 | Power off. For at least thirty minutes each day, perhaps at night or first thing in the morning, disconnect completely and embrace silence. Avoid writing, reading, watching TV, or connecting with your computer, iPad, or smartphone. Quiet your thoughts and embrace silence. Silence is the language of God. When you are silent, you can better hear the voice of your soul, and it will be easier to heed your call.

7 | Meditate. Sit quietly with your eyes closed, focusing on nothing but your breath. As thoughts come, observe them. Do not judge them and then let them go by coming back to the awareness of your breathing. Do this every single day for a minimum of five minutes and for up to sixty minutes or even more if you choose to. Cultivate that calm, centered state of being throughout your day. Be meditative in all actions.

8 | Heed your call! Do what you love, and do it now. This is your life! If it's not easy, if you are not having fun, if you are not getting the results you want, then stop. If you are pushing a headwind, turn around and proceed in the other direction. If you feel you don't have enough time to heed your call, reduce the amount of time you spend on social media. Turn off the television, and stop surfing the web. You'll have more time than you ever imagined. If you are worried about not knowing what your calling is, don't be; it will find you if you ask for it to be discovered. Be open to new ways of thinking and to unexplored opportunities.

What to Expect

When you heed you call, you will go forth with more ease. You'll experience more harmony and peace in your life. You will have more time for activities you enjoy and will feel less anxious and stressed. You will come to trust your instincts more, and when chaos presents itself, you'll seem to glide through the situation less affected. You'll experience an increase in energy and creativity. You may even stimulate your libido. Chances are, you'll feel lighter and more vibrant and will likely glow from the inside out. Your eyes will be brighter, clearer, and more sparkly.

You will attract relationships that are mutually beneficial, rich, and unconditionally loving. You'll manifest your desires more effortlessly. Time will cease to be linear, and you'll accomplish more than ever before. You will attract like-minded and inspiring friends, co-workers, staff, and lovers. You will become more empathetic and intuitive. You will no longer be afraid of being alone and will feel comfortable in your own company, even without your devices that connect you to the outside world. You will make friends with your shadow and as a result, will become aware of your power and energy. You will see the world as more than just right and wrong, black and white, this camp or the other. You'll recognize there is only one camp. Your work will no longer feel like work—in fact, it will become hard to distinguish between work, play, and life because you'll discover they are all one.

You will be aligned with your core values and higher purpose. Your world will become richer, more Technicolor, more beautiful. You'll be inspired to create. You'll embrace hardships and challenges because you'll know they serve as your mentors and guides; they serve to teach you and help you grow. You'll take leaps of faith because you'll know the journey ahead is richer than the known world you've left behind. Synchronicities will abound. Miracles will happen daily. You will no longer feel the need to seek validation. You will come to believe in yourself, and that alone will be enough.

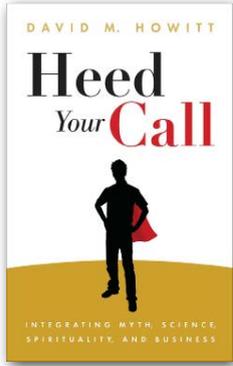
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You will sleep soundly like a child who has been playing all day. You will be so focused on the present moment that time will cease to feel linear. The weight you have been struggling to lose will drop off, and you will naturally become your ideal weight. Vices and energy-decreasing habits will be reduced, if not disappear, and they will be replaced with life-affirming habits and lifestyle choices. Money will flow to you with ease. You will experience abundance, and you'll feel joy in being able to share it with others.

I share this message with you as encouragement to actively engage in your journey and to suggest what is possible. Yes, you still need to put on your shoes and head out for the run. Yes, you still have to choose whether or not you want to answer the phone ringing three rooms down. No one can take the journey for you. It is up to you to engage.

By writing and sharing this message, I'm inviting you to heed your call and to be a hero of your own life. I'm enrolling you in the possibility of achieving your heart-centered desires. You now have the tools to do so. And when you participate in the life-affirming activities previously outlined, not only will you be building an abundant and joyful life for yourself, you will also be participating in the invention of a better future for all of humanity. **You will be doing your part to repair not only your experience and future, but also that of the world.** 🌍

Info



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ABOUT THE AUTHOR | David Howitt is the founder and CEO of Meriwether Group. He is an inspiring thought leader and accomplished entrepreneur with over twenty years of experience providing financial, strategic, and brand counsel to early stage, and Fortune 100 companies. He has the unique ability to integrate vision and growth strategies with mission and purpose, and has provided guidance to Oregon Chai, Stumptown Coffee, Pendleton, adidas, Voodoo Doughnut, Salomon, yogitoes, Klim, Bloch, Dave's Killer Bread, ABC Carpet & Home, Living Harvest, and many others.

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